

## ABSTRACT OF THE DISCLOSURE

A displacement detector of a platform for an exercise apparatus includes a rope movably tensioned by a rotating element between fixed points on the base and the upright support, respectively. When the platform is forced to move  
5 upwardly and downwardly, the rotating element undergoes an in-place rotation by the pulling force of the rope. Thereafter, a means for detecting the rotational displacement of the rotating element, which corresponds to the supporting force of the cushioning elements, is positioned beside the rotating element on the platform. Then, the detected value is transmitted to a microprocessor in the control console.